

FORT MAC: ONE YEAR LATER

## STRUGGLE NOT OVER

**DAY 3:** Some residents are worrying about the respiratory, mental health effects post-wildfire **metroNEWS**



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SHANNON VANIMALES/FOR METRO

## RED LIGHT FIGHT

**Terminally ill man hopes battle over ticket will force city to lengthen some amber light times and make the streets safer**

**metroNEWS**

# Please, voles, not in my backyard

### PEST CONTROL

**Mousey critters ripping up lawns across the city; here's what to do**



**Michelle Bailey**  
For Metro | Winnipeg

They have small beady eyes, tiny ears and a penchant for

frustrating anyone who likes their lawn; they're voles, and they're about to have a "banner year" in Winnipeg.

The mousey critters may look harmless, but the damage they do to the ground this time of year is unsightly, and a local pest expert says they're going to wreak havoc this spring.

"The newer areas of the city have definitely been hit hard," said Taz Stuart, director of technical operations with Poulin's Exterminators. "But really, they are causing problems all over

because the heavier the snow, the better they can survive the winter."

Stuart explained "predators can't hear them scurrying under all of that snow," and Winnipeg became a vole haven following heavy snowfall in late December.

Typically, voles welcome spring by creating visible tunnels, or "runways" at or near the surface that are about two inches wide by eating grass blades and zipping back and forth on consist-

ent paths.

Stuart said he and other exterminators have seen the number of complaints about mice, squirrels and voles in particular explode over the last several years, and the

population is reaching new heights.

But fear not, there's an easy way for any Winnipegger with a vole-marked lawn to take action.

"Snap traps leading into the entrances of their pathway is definitely one method," advised Stuart, adding prevention is likely the best way to avoid a problem in the first place.

"Make sure that

the last time you cut your grass in the fall, you go really short and do a thorough cleanup of the yard like removing as many leaves as possible," he said.

Dog owners have an even easier time controlling voles — Stuart said a pooch plodding about their yard as much as possible in the fall will pat down the ground, and the canine presence helps, too.

"I have a dog and I don't have a vole problem," he laughed. "Can't say the same thing about my neighbour."





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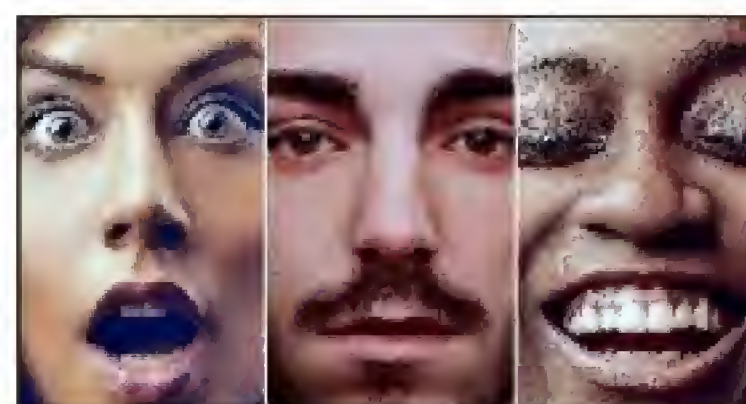
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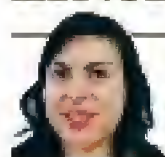
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# 'I hope to inspire youth'

INDIGENOUS HERITAGE

## Shanley Spence will compete at largest powwow in North America



Jessica  
Botelho-Urbanski  
Metro | Winnipeg

Her mom said she's been powwow dancing "since she was in diapers," and now Shanley Spence is taking her talents to the world stage.

Spence is competing in the Miss Indian World pageant at the Gathering of Nations powwow in Albuquerque, NM starting Thursday.

The powwow is the largest of its kind in North America and celebrates Indigenous culture from across the continent.

Spence, who is Swampy Cree and Anishnaabe, said she's been watching the event online since she was a kid. She's excited to represent Winnipeg and her families' First Nations — Mathias Colomb Cree Nation and Lake St. Martin First Nation — this week and possibly become the Gathering of Nations' cultural ambassador for the year.

"I hope to inspire youth as well. I know there hasn't been many girls who have competed in this competition who have resided in Winnipeg," Spence said. "So it will be hopefully amazing for them and inspiring for them to see one of our own coming all the way down south ... to represent our northern territories and hopefully inspire

them to want to reconnect to their culture."

The 28 contestants will be judged on their cultural knowledge, personality and how well they represent their First Nation, Spence said.

The 24-year-old woman is a former cultural ambassador with Folklorama and current University of Winnipeg student, graduating with an international development degree this spring.

She teaches youth how to hoop dance and fancy shawl dance — a traditional type of dancing where custom regalia is created to show off a dancer's identity. She's also dedicated to learning Cree and has been working with an elder to master some phrases ahead of the pageant, like Minokifakaw (It's

a beautiful day).

Learning the language "is definitely a challenge, but it's definitely worth it," Spence said.

"There's that shift and that need that the elders talk about to us as youth about the importance of not letting that culture diminish. I've heard many elders speak about how the culture and the language go hand and hand."

Her mom, Melanie Dean, said the community support surrounding Spence is palpable.

"She took everyone's advice and she entered, and everyone's

just behind her rooting for her," Dean said.

"It's a very special feeling as a mother watching your little girl grow up. She's had so many experiences with her hoop dancing, attending powwows and watching her mentor youth throughout her young life. The community really supported her in pursuing Miss Indian World."

The Miss Indian World pageant can be livestreamed on powwows.com, where the winners will be announced on Saturday.

“

**I know there hasn't  
been many girls  
who have competed  
in this competition  
who have resided in  
Winnipeg.**

Shanley Spence



Shanley Spence CONTRIBUTED



Shanley Spence, seen showing off her hoop dancing skills, is representing Winnipeg and her families in Mathias Colomb Cree Nation and Lake St. Martin First Nation at the Miss Indian World pageant. CONTRIBUTED



BUSINESS

## Great West to slash 1,500 jobs

Winnipeg-based Great-West Lifeco will cut 1,500 positions over the next two years in response to changing technology and customer expectations, the financial services company said Tuesday.

The cuts — which will be mostly back-office functions across the organization — are equal to 13 per cent of the company's 12,000 employees in Canada.

"Not only are customers demanding greater digital and mobile access to financial services, they are becoming increasingly cost-sensitive," Great-West president and CEO Paul Mahon told analysts on a conference call.

The company expects to lower its annual costs by about \$200 million, before taxes, by the end of March 2019. About two-thirds of the savings will be from the workforce reduction, and the rest primarily from reduced IT spending with some real estate savings.

**450**

**Number of Great West  
Lifeco jobs expected to  
cut in Winnipeg alone  
over the next two years.**

About 1,000 of the job cuts will happen this year with the remaining 500 positions to be eliminated more gradually throughout 2018 and early 2019. At the same time, the company will continue to hire people who have the required skills.

About 450 positions will be cut in Winnipeg, where Great West Life is among the city's major private-sector employers.

"Seeing any layoffs occur with any company is always a setback," Manitoba Premier Brian Pallister said. "I know that it's not an easy thing to do in the short term — for anyone — to experience job loss, but it is important to understand that this is a company that has been employing tens of thousands of Manitobans ... for a long time and that it's making decisions it feels are necessary to compete."

THE CANADIAN PRESS WITH FILES FROM STEVE LAMBERT IN WINNIPEG

TERRORIST ATTACKS

## Orlando officer encourages shooting training for all

All agencies — whether public or private — should have active shooter training, says an Orlando Police Department officer who was working in the thick of last year's Pulse Nightclub shooting.

"I don't think it's going too far at all, I think it's actually being prepared," said Lieutenant Richard Ruth, a 20-year veteran with the OPD, in an interview Tuesday.

"In the United States we're teaching people at hospitals, at businesses, large buildings, how to put (active shooter training) in place and train all of their em-

ployees to run, hide (and) fight."

Ruth is in Winnipeg Wednesday to discuss lessons learned from the deadliest U.S. terror attack since 9/11 where shooter Omar Mateen killed 49 people and wounded 53 more.

Local security company DHD International flew him in for a day-long seminar called 'The Orlando Pulse Nightclub Shooting: When Hate and Radicalization Leads to Violence,' at Canad Inns Polo Park.

In Winnipeg, city police have provided active shooter presentations about 15 times since last

“

**I don't think it's  
going too far at all;  
I think it's actually  
being prepared.**

Richard Ruth

year when the program started, said Patrol Sergeant Phil Penner in an email. Any business or organization can apply for the information sessions.

"Some businesses that have

contacted us have had threats made or they feel their employees would benefit from this awareness presentation," Penner said. "These types of incidents (active shootings) usually occur in highly populated businesses or events as the offender is looking to inflict as much damage as possible in a short period of time."

The Winnipeg Chamber of Commerce is one of the latest to undergo the WPS active shooter training this week. President Loren Remillard said the Chamber has had security concerns

in the past. "We take various positions, some of which may generate significant divergence of opinion. From time to time, we get angry emails or voice-mails. That's just the nature of the business," he said. "(Active shootings) are just a reality that we need to be prepared for," Remillard said.

"We're preparing our staff for all various contingencies that they may encounter with the idea being their safety is of utmost and paramount concern."

JESSICA BOTHELO-URBANSKI/METRO, WITH FILES FROM KEILA DEPAPE



# Dying man battling the clock and red-light ticket

## DRIVERS

### Amber lights 'dangerously short,' insists safety advocate



**Braeden Jones**  
Metro | Winnipeg

A terminally ill Winnipeg man is hoping his last stand against a "totally unfair" red light camera ticket will become his legacy.

"I believe in rules, and I believe in regulations, but I believe in justice, too," said Jim Aisaican-Chase, 71, who will provide his testimony Wednesday for a special trial scheduled for September that will deal with Winnipeg's amber light timing.

Back in 2015, Aisaican-Chase said he was driving 80 kilometres per hour "right dead on" heading toward Pembina Hwy. on Bishop Grandin Boulevard, when the light switched to amber.

"I saw the amber, saw it turn, I know my car, knew my speed, and knew I was on that downhill grade...I knew if I did a panic stop I'd end up in the intersection," he said. "So I was concentrating on clearing the intersection."

"When I got in I noticed a flash, and was sort of aware (of) the light and (it) turned red. I thought it was very strange that it wasn't enough time for me to clear the intersection."

The flash was from an automatic camera recording his vehicle in the intersection, 0.29 seconds into a red light. Two weeks later he got a ticket in the mail, which was an "awful hit" for the veteran with a fixed income.



Despite having terminal cancer, 71-year-old Jim Aisaican-Chase is determined to fight his red-light ticket. SHANNON VANRAES/METRO

**"I'd like to see them rule that the amber light time has to be increased..."**

Jim Aisaican-Chase

"Even then I knew I was going to fight the ticket, because I didn't think it was fair," he said. "There was not a single visible warning...safe defensive driving is to clear the intersection."

Eventually Aisaican-Chase linked up with Winnipeg's ticket-fighting road safety advocates Wise Up Winnipeg and the group's tireless leader Todd Dube, who offered to help him

fight the ticket at the eventual September court date.

"Then on December 28 (2016) I was given six months to live," Aisaican-Chase said. "And this is my attitude, 'You've got to fight.' I intend to fight cancer as much as I'm fighting this ticket — I am a person that believes in fighting for a just cause."

Dube believes Aisaican-Chase's cause is just.

In public demonstrations, in private meetings with traffic engineers and city councillors, in court and through the media, he's been fighting what he calls "Winnipeg's dangerously short" amber light times for years.

Dube said Winnipeg's four-second amber light time is insufficient, making drivers choose quickly whether they would rather get a ticket or risk a collision. But it's worst where the posted speed is 80 kilometres per hour, he said, like where Aisaican-Chase got his ticket.

Aisaican-Chase agrees with that assessment, saying he was "fortunate he was not involved

in a rear-end collision" and wouldn't approach the same situation any differently.

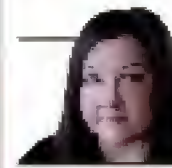
Dube meets with the city's manager of transportation Luis Escobar to defend his position in court this fall.

Afterward, Aisaican-Chase said he's hoping for more lenient amber light timing in Winnipeg, a policy shift that would be part of his legacy, so others in the city don't have to face the impossible decision he encountered.

"I'd like to see them rule that the amber light time has to be increased, or that this is unlawful because it is unsafe," he said.

## COMEDY

### Prepare to be roasted!



**Michelle Bailey**  
For Metro | Winnipeg

A spring tradition more than 80 years running in Winnipeg will see some high-profile political figures lampooned next week in a mixture of skits, songs and comedy.

The BS Comedy Players will take to the Prairie Theatre Exchange (PTE) stage May 4 and 5 to build on a history that stretches back to the Winnipeg Press Club's similarly formatted Smoker variety show in 1933.

The theme for 2017 is BS to the Future, and will see the event's script revisit decades past.

"Our show has a bit of a retro vibe this year, with scenes reminiscent of some classic '70s and '80s pop culture moments," said Corey Quintaine, marketing director for the troupe. "We thought it would be fun to keep that theme going with our MCs as well."

On the first night, the BS Players will be hosted by former provincial Liberal leader Rana Bokhari, and on night two, former Attorney General Gord Mackintosh will take on the role; neither are strangers to the ribbing that comes with falling victim to the show's script writers. In fact, many of those being skewered take a seat in the audience, and sometimes even join the cast onstage.

The BS Comedy Players first took to the stage in May 2008, when they began carrying on the traditions of the storied Beer and Skits troupe, formerly of the Winnipeg Press Club, which first used the Beer and Skits name officially on their 1945 program.

For the modern comics to pay homage, and considering the event tone, they're sticking with the fitting BS initials as a shout-out.

Each year, they start the writing process in November using satire, sketch comedy, song and dance to bring a fresh, locally written and performed take on society and politics.

"This year, we'll be taking audiences on a journey through time, spend some time on a tropical island and even follow a local city councillor as he plays hooky from council," said Quintaine. "Oh, and Donald Trump. There will definitely be Donald Trump."

Tickets are available for \$35 or 10 for \$300 by phoning 204-339-6317 or for purchase online at [www.bscomedy.com](http://www.bscomedy.com).



The BS Comedy players take to the stage at PTE May 4 and 5 to perform BS Back to the Future. CONTRIBUTED

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Evidence of cupping therapy can be seen on Justin Trudeau's left forearm during an interview on April 18. TORSTAR NEWS SERVICE

# PM outed as a 'cupper'

HEALTH

**Evidence shows effectiveness of method is still unclear**

Next time the prime minister pops his shirt off, don't be alarmed if his body is peppered with circular bruises. He's just been subjecting his skin to a suction treatment with questionable efficacy that's hot with the alternative medicine crowd.

Justin Trudeau, it turns out, is into "cupping."

Canada's PM was outed as a practitioner this week after the tell-tale markings of the treatment were spotted on his arm during an interview with a CBS Sports journalist.

Cameron Ahmad, a spokesperson for the prime minister, confirmed to Torstar News Service that, yes, Trudeau cups. But

he wouldn't say why or for how long.

Alongside references to cupping celebs like Brad Pitt, Jennifer Aniston and American Olympian Michael Phelps, the Internet tells us that the practice dates back to Chinese antiquity and has been used for millennia. It's also said to have been prevalent in ancient Egypt and Greece, where it was meant to remove "excessive blood," according to a 2008 article in the *Journal of Alternative and Complementary Medicine*.

Nowadays, cupping is associated mostly with pain relief, though it's also linked with a range of ailments. Got shingles? Try cupping. Maybe your face is paralyzed. Cupping could help. And then there's acne, worn-out neck discs and back pain. All three are said to be alleviated by cupping, according to a survey of cupping research from 2012 in the journal, *PLoS One*.

TORSTAR NEWS SERVICE

ABUSE

# Fentanyl 'an epidemic within an epidemic'

Canada is in the midst of an epidemic of opioid use and abuse — involving both prescription and illicit forms of the potent narcotics — that shows no signs of abating and has led to an explosion of fatal overdoses.

Canadians remain the second highest per-capita consumers of opioids in the world, after Americans. But while U.S. use is beginning to decline, Canada's numbers keep rising, according to the International Narcotic Control Board.

"We doubt very much that it has to do with Canadians being different, having more pain than people elsewhere in the world. We think it probably has to do with how we've been programmed to prescribe," says Dr. Jamie Meuser, of the College of Family Physicians of Canada.

"There's virtually no doubt that prescribing in Canada has resulted in more opioid medications being on the street."



**There's no doubt that prescribing has resulted in more opioid medications being on the street.**

Dr. Jamie Meuser

deaths, particularly in B.C. and Alberta. Fentanyl is 100 times more

potent than morphine and up to 50 times stronger than heroin.

Dr. David Juurlink, head of clinical pharmacology and toxicology at Sunnybrook Health Sciences Centre, calls the fentanyl crisis "an epidemic within an epidemic."

"The fentanyl epidemic is a response to the generation and enormous market for opioids that has always existed but was never as large as it currently is," he says.

THE CANADIAN PRESS



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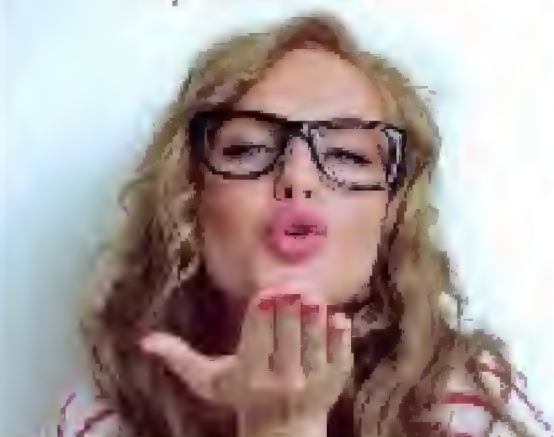
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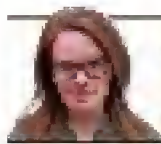
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# 'It's been a hard year'

As Fort McMurray residents struggle to rebuild, the mental health strain starts to emerge



**Alex Boyd**  
Metro | Edmonton

It starts when she can no longer take a breath, followed by a stabbing pain in the left side of her chest — symptoms “so similar” to a heart attack, Sandra Legacy says.

“It has to be one of the scariest things that a human being can feel,” she says of the anxiety attacks that have come more often lately — and hit hard. “Because you feel like you’re dying.”

Legacy has fought anxiety for years, and won. But then came the hot, windy Tuesday afternoon last May, a day that started with the usual eight-minute drive to work and ended with a flight for her life. Thanks to the security system installed in her Abasand home she knows her house started to burn at exactly 4:16 p.m. She still hasn’t deleted the alerts on her phone.

In the aftermath of the fire Legacy was diagnosed with PTSD and depression. She still hasn’t



Sandra Legacy was diagnosed with PTSD after the Fort McMurray fire. JENNIFER FRIESEN/FOR METRO

been able to go back to work.

“Sliding down that slippery slope into a very dark place, it’s hard to control. Not wanting to get out of bed, not wanting to get dressed or showered,” she says, sitting in the home she and her husband are renting while they rebuild. The tags still dangle from the couch she’s sitting on, and boxes of appliances fill the dining area. “It’s been a really hard year, it’s been a

struggle every single day.”

She’s not alone.

Dr. Emmanuel Osegbue, a family physician who’s been practising in Fort McMurray for almost a decade, says demand for mental health services among his patients is up by about 25 per cent.

Many people are still dealing with the trauma of fleeing just ahead of an out-of-control fire, he says. Now, a year later, he’s

starting to see people who tried to stay strong, and are now having the symptoms of depression and anxiety catch up with them.

“Even kids, they’re taken back when they reflect on the events of that day,” he says. “I see kids that are now having mood swings more than before.”

He argues that the loss of property was especially tough for residents of Fort McMurray, given the demands of working

in the oilsands. With 4 a.m. wakeup calls and long days working heavy equipment, coming home is “the thing that gives them joy everyday,” he says. He worries that counsellors are themselves overwhelmed, so he isn’t sure his patients always get the help they need.

For Legacy, the experience turned her into a crusader. She makes sure her neighbours know they’re not alone, and to reach out for help if they need it.

“You really do feel like you are so isolated even though there are potentially thousands of people feeling like this,” she says. “You really do feel like you’re the only one.”

If there’s a positive outcome, Legacy says it’s that Fort McMurray — a town with a reputation for toughness — is now tackling mental illness head on.

“Out of every dark situation, some bright thing happens from it,” she says. “The negative stigma has really come off of mental illness in this town, because so many people have been introduced to it.”

## Parents worry about kids’ health

When four-year-old Abby plays with her little brother Zander they have to be careful not to be too rough — that’s when the coughing starts.

“If she just plays a little bit or gets overheated, she’s just coughing all the time,” says her mother, Melisa Leblanc, as she keeps a close eye on her two youngest playing in the living room of their Fort McMurray home.

Ever since the family moved back to the city after the fire, Abby has been hit with a laundry list of illnesses her mom ticks off on her fingers: pneumonia, tonsillitis, strep, ear infections.

Alberta Health Services says the province monitors health concerns and has not seen in any spikes in respiratory complaints.

But Leblanc says she worries about a lack of clarity around which buildings have been cleaned of fire damage, and how thoroughly, and what that could mean for kids’ health.

Chassan Al-Naami, a pediatrician who worked in Fort McMurray before moving to Edmonton in January, said he “definitely” saw more kids with respiratory issues after the fire and says more study is needed.

ALEX BOYD/METRO

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# Softwood casualties

## TRADE WAR

### Ottawa admits U.S. move will mean jobs lost, promises action

The federal government is reaching out to reassure forestry workers, lumber producers and others facing the impact from a fresh softwood trade war that it stands ready to help cushion what it suggests will be a heavy blow.

The U.S. is imposing significant duties of up to 24 per cent on lumber imports — the latest flare-up in Canada's escalating trade skirmish with President Donald Trump's administration.

Natural Resources Minister Jim Carr acknowledged Tuesday that job losses are likely in the offing, saying Employment and Social Development Canada is standing by to provide essential services for anyone who is impacted.

Available ESDC supports include employment insurance, career counselling, retraining and provincial skills develop-



A worker gets an order of planks ready for a client in Montreal. THE CANADIAN PRESS

## + LOONIE DROPS

### U.S. duties hit the dollar

The Canadian dollar sank on news of U.S. duties on softwood lumber imports, hitting a 14-month low on Tuesday at 73.60 cents.

ment programs, said Carr, noting Canada is no stranger to softwood disputes with the U.S., and has always prevailed in the past.

Trudeau, meanwhile, said earlier Tuesday that the Canada-U.S. relationship is bigger than any one trade irritant.

"We are tremendously inter-

connected in our economy with that of the United States, but it's not just a one-way relationship," Trudeau said during a visit to Kitchener, Ont. "There are millions of good U.S. jobs that depend on smooth flow of goods, services and people back and forth across our border."

THE CANADIAN PRESS

## Dairy in Trump's sights

Fresh off slapping a duty on Canadian lumber, President Donald Trump is now making threats about dairy as the northern neighbour has suddenly, unexpectedly, become his No. 1 target for criticism lately on trade.

The president tweeted Tuesday: "Canada has made business for our dairy farmers in Wisconsin and other border states very difficult. We will not stand for this. Watch!"

That's what he wrote the morning after his government announced duties of up to 24 per cent on Canadian lumber, with more expected later this year.

Lumber and dairy are longstanding irritants. In softwood lumber, the countries have a once-a-decade cycle of tariffs, trade litigation, and ultimately settlements.

THE CANADIAN PRESS

## FOCUS ON FAMINE Update: Yemen

### International donors pledging \$1.1B in aid

International donors have pledged \$1.1 billion for war-torn Yemen, the UN secretary-general said Tuesday, appealing to the fighting sides to grant access to humanitarian aid and revive diplomatic efforts to end a conflict that has killed over 10,000 civilians.

Antonio Guterres ended a daylong Yemen aid conference by hailing the "clear generosity and solidarity" of governments and civil society after two years of intensified conflict in the Arab world's poorest country.

The conference, co-sponsored by the United Nations, Switzerland and Sweden, raised pledges for over half of the \$2.1 billion sought by the U.N. this year in an appeal that was only 15 per cent funded previously.

Aid groups want improved access to civilians, a halt to deadly airstrikes by a Saudi-led, U.S.-supported coalition that has been fighting Shiite rebels known as Houthis, and more respect for international law.

UN officials say the world's largest humanitarian crisis is in Yemen, where 17 million people are classified as food insecure, with seven million



A girl carries water on the outskirts of the Yemeni port city of Hodeidah. GETTY IMAGES

of those facing critical food shortages.

The war pits the coalition of mostly Sunni Arab countries against the Iran-backed Houthis and allied army units loyal to a former president. The Houthis seized the capital, Sanaa, and other areas in 2014, forcing the internationally recognized government to flee.

Unlike the Syria war, Yemen's conflict has not produced a flood of refugees — making it a relatively contained crisis that has made fewer international headlines.

THE ASSOCIATED PRESS



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## VICKY MOCHAMA

### Trudeau tone deaf on plea for pot charge amnesty

Justin Trudeau's relatability is wearing thin.

During an interview at Vice Media's Toronto office, he was asked by Malik, a young black man: "How am I going to become the next prime minister if I can't get a decent job because of (drug) charges?"

The current prime minister responded with an anecdote about his younger brother Michel being charged with pot possession and his dad (you may have heard of him: French guy, pirouettes, led the nation) using his connections to make the charge "go away."

"We were able to do that because we had resources, my dad had a couple connections, and we were confident that my little brother wasn't going to be saddled with a criminal record for life," Trudeau said.

The anecdote isn't new. He mentioned it while campaigning, and it is in his memoir. He uses it to underscore how access and wealth worked for his family in a way that it doesn't for black and Indigenous people in Canada.

What was new is that it lacked in his trademark (if occasionally cringe-worthy) empathy. Asked how the government's legalization plan would help someone who was young, black and scared, the prime minister told a story about being white and incredibly privileged.

This is in step with the

tenor of the legislation itself. The government is not promising anything to those people who've found themselves on the wrong end of the War on Drugs. Though Trudeau did say he would "start a process" to "try and look" at how to make things fairer once the law is in place.

This legislation is being framed as an opening gambit in a more compassionate legalization plan. But only after the current legislation and negotiations have been worked out will there be any discussion of moratoriums, pardons or amnesties.

The new laws won't be in place until summer 2018. After that, the run-up to the next election will likely derail criminal justice reform.

No politician interested in keeping his motorcade would go into an election promising to let drug users off.

In 2019, the young people who campaigned for and elected this government are going to be asking what happened and they deserve the truth.

Being honest, the prime minister should have just answered as I would have: There's no law against stoners becoming prime minister. In fact, having smoked pot while serving as a member of Parliament, I'd like to think I have paved the way.

No one, I would say to young Malik, is too high for the highest office.

## JESSICA ALLEN ON LOVE IN THE TIME OF NETFLIX



### From the gulf between German expressionism and Sex and the City 2 emerges Twin Peaks.

They say the leading cause of divorce, ahead of infidelity and financial issues, is "basic incompatibility."

Like not agreeing on what to watch on television.

For 12 years, my partner Simon and I have weathered this storm pretty well. There are TV series, like *The Sopranos* and *Deadwood* that we are always happy to revisit. There are new offerings, like *Big Little Lies*, and new seasons of familiar shows, like *Girls* and *Broad City*, to catch up on. And when in doubt, there's a list on the fridge of the top 100 films of the 21st century to go through. (We still have 39 to see.)

But recently, a tempest has been brewing. Last autumn, the shop Simon managed for more than a decade closed and, for the time being, he has comfortably settled into the role of homemaker. I come home from a hard day at work to the smell of a home-cooked meal, a clean house, the laundry folded, and am greeted with a cocktail. It's like *Mad Men*, only I'm Don Draper and he is Betty.

And Betty is being a real pain in my neck. Because his days are filled with domesticity, in the evenings he doesn't want to revisit *Mad Men*, a recent suggestion of mine. "Mad Men is really nothing more than John Hamn's face and period detail," he said. "And if I'm watching a period piece it's got to be set in Edwardian England, for the outfits."

He wants to watch things

**One night we attempted to solve our indecision by watching different things in the same room.**



**LYNCHIAN LOVE** Will film and television auteur David Lynch save Jessica Allen's relationship with his *Twin Peaks* revival? **AP**

that might challenge and teach him something, because the idea of wasting time right now gives him huge amounts of anxiety.

Because my days are filled with trying to stay culturally and politically current, offering up opinions on everything from corporal punishment in American high schools to whether butter should be kept on the counter or in the fridge, I want to watch mind-numbing things; things I've seen a hundred times. It brings me great comfort knowing exactly what I'm in for when I turn on a Merchant Ivory film, like *Howard's End* (a great ride). The paradox is it's my job to stay current. And while there's a chance that watching YouTube clips of *The Dick Cavett Show* might help inform and illuminate a contemporary issue or idea, I suspect I could be doing more.

One night we attempted to solve our indecision by watching different things in the same room: he watched a World War II documentary on the TV and I watched *The Mindy Project* on my com-

puter with headphones. But it was too sad. Part of the joy of watching something together is sharing in the experience, and then talking about it after.

So on Sunday morning when I saw an ad for the new *Twin Peaks* coming out May 21, it was like a port in the storm. Here, I thought, is something that we will both want to watch. Only Simon wasn't interested: he doesn't want to risk tarnishing the original. He still hasn't gotten over the *Gilmore Girls* redux.

He wants to watch things that will better his brain, like a four-hour Andy Warhol documentary. He also discovered that a good chunk of the Criterion collection is available online, for free, with a library card. "What about some Fassbinder?" he asked, scrolling through the catalogue while dinner got cold.

"Oh I love him!" I said. "Is *Prometheus* on there? Or *Jane Eyre*? I've seen them both but I'll watch them again."

"Not Michael Fassbender. Rainer Werner Fassbinder, the German director."

Let me tell you, Effi Briest

is no *Sex and the City 2*.

"It's the golden age of television!" I argued. "Can't we watch something *normal*?"

"I think the most exciting thing on TV is Matthew McConaughey in the Lincoln commercials," he said.

Simon changed his mind about *Twin Peaks*, but only after reading a David Lynch quote that it should be thought of as an 18-hour feature film. And at least I know what we will be watching tonight. April 26 is both Channing Tatum and Marcus Aurelius' birthday. So *Magic Mike*, our modern-day *Meditations* on the economic disparity in America, it is — with no argument from Simon.

"I cannot explain why I will gladly re-watch either *Magic Mike* movie," he said. "If you have to ask, you probably won't ever understand."

I didn't understand. But I didn't need to ask: when life sends you a pony, you get on it and ride.

Jessica Allen is the digital correspondent on CTV's *The Social*.

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FOOD

## Canadians are churning out much fancier fat options

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The U.S. president is not exactly over the moon about the Canadian dairy industry's system of price controls, production quotas and limited imports.

He has called Canada's rules a "complete and total disaster" and promised "very big changes" to the two countries' trading relationship.

For Canadian farmers trying to shield their industry from global market forces — not to mention those American, Australian and New Zealand milk producers who want to compete — this is a life-and-death issue. They have families to feed.

But consumers have mouths to feed too, preferably with premium butter. And this spat could have big implications for butter lovers.

Canadian butter, though tasty — it's butter, after all — is a commodity product. Nearly all of it is exactly 80 per cent fat, the mandated minimum, and it's made from cream that farmers pool together (there's a separate pool for organic dairy).

Bumping up the fat content just a little — to 82 or 84 per cent — elevates ho-hum butter into something luxurious. High-fat European butters contain significantly less water, resulting in flaky pastries, rich sauces and the most tasty toast.

But butter imports to Canada are capped at just over three



**Bumping up the fat content in butter by just a little — to 84 per cent from the standard 80 — elevates ho-hum butter into something luxurious. Europeans know this...and now Canadians have caught on, too.** ISTOCK

tonnes per year. The fancy European butters available at a few farmers' markets and specialty stores are subject to high tariffs and, as a result, they're eye-wateringly expensive.

A few Canadian companies have stepped in to meet the

demand for specialty butters — organic, grass fed and, yes, even a few with that magical extra fat.

If you struggle to find high-fat butter at your local market (and there's a good chance that you won't be able to), "cultured"

"European-style" butter is the next best thing.

The bacteria added to the cream before it's churned lend a tangy taste and a more "buttery" butter flavour.

You won't miss the extra fat. Much.

3

**Butter imports to Canada are currently capped at a little over three tonnes per year.**

### EURO STYLE

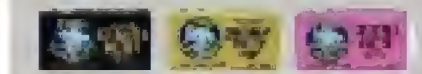
#### Churn84 European-style salted butter

An ultra-rich spread from Eastern Ontario's Stirling Creamery (84 per cent fat)



#### COWS creamery butter

This Prince Edward Island creamery makes its European-style butter in unsalted, sea-salted, and cultured versions. (84 per cent fat)



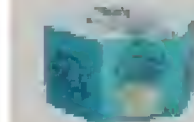
#### PC Black label Normandy-style butter

This highly findable butter from Loblaw's is an old standby as premium products go. It has a tangy taste but the same amount of fat as typical grocery varieties. (80 per cent fat)



#### Riviera Petit Pot-Salted Butter

This Quebec creation contains crunchy flakes of sea salt and comes in a fun reusable container. (80 per cent fat)

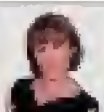


#### Avalon certified organic butter

Avalon Dairy is a B.C. favourite with a nice yellow colour. And it's organic. (80 per cent fat)



GENNA BUCK/  
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### ROSE REISMAN THE SAVVY EATER

**THIS WEEK: Breakfast sandwiches**

Your morning breakfast sandwich may be weighing you down!

#### PICK THIS

#### Tim Hortons Egg and Cheese Breakfast Sandwich on English Muffin

**Calories** 271  
**Fat** 11g  
**Saturated Fat** 5.4g  
**Sodium** 567mg



#### SKIP THIS

#### Tim Hortons Sausage Breakfast Sandwich on a Biscuit item

**Calories** 500  
**Fat** 33g  
**Saturated Fat** 16g  
**Sodium** 1030mg



### HERE'S WHY

Equivalent in salt to EIGHT regular-sized orders of fries from New York Fries.



A breakfast sandwich is a favourite choice for morning fuel on the go. While you may think it won't make that big of a difference by choosing the sausage and home-style biscuit, it doubles the calories and sodium, and adds two-thirds more of the fat. In fact, the biscuit alone has almost four times the sodium than an English muffin! The biscuit contains hydrogenated vegetable oil, including palm oil, which dramatically increases the fat and saturated fat. The English muffin has almost no fat, and eliminating the processed meat makes a world of difference.



# Dunham plans to take feminist Lenny on the road



"Girls" stars Jenni Konner and Lena Dunham are switching focus to bringing their digital newsletter, Lenny Letter, to women across the United States. GETTY IMAGES

## TOUR

### Girls stars will tour new show across the United States

Now that HBO's Girls has wrapped its six-year run, the women behind the series are focusing on their other female-centred project: turning their digital newsletter, Lenny, into a real-life experience.

Lena Dunham and Jenni Konner are bringing LennyLetter.com to life as a variety show. The co-founders of the digital

newsletter announced Tuesday that they'll take the Lenny: America IRL tour to six cities, beginning May 31 in St. Louis.

Dunham said she was inspired to create opportunities for women to gather and share ideas after the contentious presidential election.

"We really wanted to try to be a part of, in our own small way, healing the very big divide that exists in our country right now," Dunham said. "We're trying to look beyond the coastal states and really think about connecting to women, to people, in the middle of the country."

The tour, which will feature

music, comedy and spoken-word performances, includes stops in Chicago, Milwaukee, St. Paul, Minnesota; Des Moines, Iowa; and Lexington, Kentucky. Tickets go on sale Friday.

While the event will have liberal-skewing political overtones, Dunham and Konner say everyone is welcome.

"It's political, but we're also trying to bring up issues that you can't really argue with," Dunham said. "For example, a portion of our proceeds are going toward arts education organizations for girls in every city. People have a lot of really split opinions on social politics,

but you basically have to be a moustache-twirling villain to have a problem with girls receiving arts education."

Konner said the show's content will be more general than the specific feminist tone of the biweekly Lenny Letter. Performers will include Saturday Night Live star Sasheer Zamata, poet Jenny Zhang and comics Charla Lauriston and Morgan Murphy.

She said they want the show to be "a great place for people to come and really enjoy themselves."

Beyond the America IRL tour, Konner and Dunham are also broadening Lenny into a documentary series for HBO and a Lenny book imprint launching in August with the first of six slated titles.

"It's all about trying to expand the way that women can have access to information that cracks their brains open," Dunham said. "Jenni's and my entire ethos is really built around relationships between women."

The Lenny expansions are giving the "Girls" alums a new place to put their energies after wrapping the often groundbreaking and controversial series last week.

"It's been a very strange week. I'm not going to lie to you," Konner said. "But it's really nice after all these years of, you know, being pretty divisive, that the general consensus has been pretty positive, and that's made us feel really good."

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# HEALTH AND WELLNESS

## MAKING INFORMED NUTRITIONAL CHOICES

If you listen long enough to conversations about food, you're bound to hear some contradictions. A wealth of studies put ingredients like sugar, fat and sodium on a sliding scale between unhealthy and not-so-bad, and unless you're keeping up to date on the latest research, knowing what's good for you can seem like a lot of work.

Fortunately, there are some trusted places you can turn to for advice on making nutritious choices.



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**Online resources:** Government-funded websites like Eat Right Ontario and Health Link BC provide guidance to residents from registered dietitians. They feature recipes, resources for educators, menu plans, and articles on topics like childhood nutrition and smart shopping. Other websites and blogs can be a great place to obtain nutritional advice, but it's

a good idea to ensure the contributor is a credible source like a doctor or registered dietitian.

**Nutritional facts tables:** In Canada, packaged must have nutrition facts tables so consumers can learn more about the vitamins and minerals contained in products they're consuming. But nutrition facts tables aren't limited to packaged goods alone. Many

restaurant chains post nutrition facts tables online or will provide them upon request, and regulations in places like Ontario may require calories to be posted on food service menus. The government's Healthy Canadians website has an excellent guide to help you interpret nutrition facts tables.

**Registered dietitians:** Registered dietitians are accredited health professionals who are trained to use a range of medical and nutritional research to help you make food choices. Dietitians may be available through your public health service provider or a private practice. Some grocery stores like Loblaws and Zehrs have registered dietitians on staff who provide one-on-one consultations, store tours, field trips and cooking classes.

**Canada's food guide:** Although changes may be in store to update Canada's Food Guide in the coming years, it remains a valuable tool for helping structure your diet. The food guide was created in 2002 based on a range of nutritional research and was last revised in 2007 to incorporate new research and testing.

-NEWS CANADA



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## Find relief from headaches with massage therapy

Whether they're mild or severe, headaches can make getting through the day a struggle, but treatment with a registered massage therapist can help to alleviate both tension headaches and migraines.

Sheila Molloy, executive director of the Massage Therapy Association of Manitoba Inc., says some of the most frequent causes of headaches — including muscle spasms around the head, neck, or jaw; trauma; stress; cold and flu symptoms; incorrect posture; or an overuse injury — are all common conditions that registered massage therapists can help with.

"A registered massage therapist will use a variety of massage therapy techniques, postural education, relaxation techniques, remedial exercises, and thermal therapy to build a comprehensive treatment plan for your symptoms," explains Molloy.

Molloy points to research that has shown massage therapy techniques including the use of hot and cold packs to relax the muscles in your head and neck along with massage therapy can relieve the often throbbing pain of migraines while lessening their frequency.

Tension-type headaches are a common



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form of headache that can often get worse without treatment. Molloy says registered massage therapists use a combination of massage and myofascial techniques to relax the muscles in your head and neck along with massage therapy in the regions to relieve symptoms of tension headaches, including pain.

To find a Registered Massage Therapist in Manitoba go to [mtam.mb.ca](http://mtam.mb.ca).



# A race for everyone at the Manitoba Marathon

While the 26.2 km Full Marathon is the big draw, Manitoba Marathon executive director Rachel Munday says a series of other races take place the same day that offer runners who might not be ready for the full marathon the chance to lace up and experience the benefits of running.

"Part of what sets us apart from other races is the fact that we have six events on race day — we have everything from the 4k and the 10k, to the relay that you can do with a team," says Munday. "We're really trying to let people know that you don't have to be a full-marathoner to come out and run — we have a distance for everybody."

Munday says the marathon's goal is to promote fitness and living a healthy lifestyle, and organizers are hoping to encourage more people to come out and give running a try at their own speed this year.

"A lot of people start with the Super Run and then they build up," she says, adding the Super Run is a great place to start, because racers can choose to walk

or run the course. "The idea is that it's your race at your pace. We have all these different distances and you can race it or just go out for the achievement of having completed it."

It's one of the reasons this year's finish line is moving to the field at Investors Group Field, says Munday, who hopes giving racers of all the events the chance to cross the finish line and see themselves on the Jumbotron will encourage them to keep up with the sport and try a more challenging race next year.

"The thing about running is all you need is a good pair of shoes," she says. "It's a sport that's accessible to everybody and it can be the cornerstone of a healthy lifestyle."

The 2017 Manitoba Marathon and its six events — the Full Marathon, the Half Marathon, the Five Person Relay, the 10 km Run, the 2.6-mile Super Run, and the Mini Mites — runs June 18.

For more information on the events, and to register, go to [manitobamarathon.mb.ca](http://manitobamarathon.mb.ca).



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# Easy access to parks and walking routes on Portage

Live, work and play; The Icon on Portage has it all.

With one-, two- and three-bedroom units at The Icon, you can move right in and feel at home with neutral colour schemes, Caesarstone kitchen countertops, and luxury vinyl tile flooring, according to EdgeCorp president Keith Merkel.

"The designs are clean and finishes are modern, with spacious nine-foot ceilings, concrete balconies, energy efficient building systems, and indoor and surface parking options," he says.

Eight available accessible suites feature the same designs and are enhanced with six feet of turning space in all rooms, doors with 36-inch openings, interior plugs and switches located at an accessible level, and carefully selected millwork heights and appliances. Each accessible unit has one indoor handicap parking stall included in the price.

"This is an exciting project that is designed to meet the needs of a wide range of Winnipeg residents from those in the immediate area, to residents that want to live close to work, education, or downtown entertainment," Merkel adds.

Located at the corner of Portage and

Minto, The Icon is in close proximity to downtown, Broadway, Wolseley, and the west end and is well-served by transit as well as having a high walkability score.

As a pet-friendly building, The Icon is located in a great area to live with a small dog.

"Finding a pet-friendly condo in Winnipeg with easy access to parks and varied walking routes is highly desirable," Merkel says, adding that The Icon will also have bike storage on site and residents may choose to walk, bike, or access transit to meet daily needs.

The Icon will also be EdgeCorp's second Manitoba PowerSmart multi-family building.

"Energy efficiency goes to the heart of reducing operating costs and the ability to keep the units affordable. We are excited to provide an energy efficient option for Winnipeggers."

With work progressing well, The Icon expects to be out of the ground in mid-May. For more information about The Icon, contact David Carr at Monopoly Realty at 204-230-6129, follow @EdgeCorpGroup on Facebook for the latest updates and construction photos, or visit theicononportage.com. Stay tuned for updates.



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# TOP 150 FOR 150

CELEBRATING CANADA'S GIFTS TO THE WORLD

## Sing a song for Calgary's National Music Centre

Calgary may be Canada's unofficial country music capital, but all kinds of music are celebrated at Cowtown's National Music Centre.

Part of a new facility built around the King Edward Hotel, one of Canada's oldest blues bars, the NMC catalogues the nation's musical heritage over its five floors and 22 "stages" (the institution's preferred name for its galleries).

Its collection of some 2,000 musical instruments spans over 450 years, with the oldest being a 1560 Italian Virginal, a harpsichord-like instrument that's still playable. Other treasures on display include

the 1959 Gibson Les Paul guitar that Randy Bachman used to write Guess Who hits like Undun and American Woman, Alanis Morissette's harmonica, as well as TONTO, one of the world's first synthesizers.

The NMC is also interactive. Its artists in residence — who have included Australian hit-maker Gotye, Daniel Lanois and Timber Timbre — compose on site, and visitors are encouraged to interact with many of the exhibits. Aspiring musicians aged 13 to 19 can even learn to play an instrument and write music at the weekly Jam Club. And the sandwiches are free.

SEAN PLUMMER



The NMC catalogues the nation's musical heritage, including the Tragically Hip and Celine Dion. TORSTAR NEWS SERVICE



## Alberta beavers give a dam

It sounds boastful to claim that Alberta has the busiest beavers, but it does. Case in point: the 850-metre long beaver dam located along the southern border of Wood Buffalo National Park. Biologists estimate it would have taken at least 20 years to build, and it's the largest beaver dam ever discovered. First spotted in 2007 in photos from Google Earth, it exists in a remote part of the park, inaccessible to humans but not, presumably, to beavers.

SEAN PLUMMER



ISTOCK



St. Paul, Alberta, built a UFO landing pad in a bid to boost tourism. ISTOCK

## Alien Nation

Sure, Canada turns 150 this year, but don't forget that other anniversary: the 50th year of the UFO landing pad in St. Paul.

In a bid to boost tourism, the tiny Alberta town built the world's first UFO landing pad to mark Canada's

1967 centennial and give visiting Martians a place to park their ride.

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## Acadia better in smaller packages



REVIEW

### GMC Acadia enters the mid-sized crossover segment



**Dan Ilika**  
AutoGuide.com

Of all the new crossovers to hit the market in the last year, none has undergone more drastic changes than the 2017 GMC Acadia. Like its fraternal twins, the Buick Enclave and Chevrolet Traverse, the Acadia was always a bit of a bloated and awkward entry in the market. All that changes for 2017, with the Acadia downsized significantly to slot neatly into the mid-size segment.

This new Acadia offers very little that ties it to its predecessor. Measuring 4.9 metres from tip to tail, it's noticeably smaller than its competitors. The biggest return on the Acadia's downsizing is at the scales, with roughly 318 kg cut from its curb weight.

The smaller size allowed for the introduction of a new four-cylinder base engine. The 2.5-litre delivers punch when called upon. It's also the more efficient of the two engine options. For those in need of additional output, the Acadia returns with an available 3.6-litre V6. The engine serves plenty of power — especially for those looking to strap a trailer to the back. The Acadia is rated to tow 1,814 kg with the larger of the engines under the hood.

While front-wheel drive is standard on virtually all trim lev-

els, it's likely most new Acadias will put power to all four. This new version of the Acadia offers two ways to do so. While a run-of-the-mill all-wheel-drive system is standard fare and features a disconnect feature to maximize fuel efficiency, the available All Terrain package adds a twin-clutch setup that features proper torque-vectoring capability.

The drivetrain system will feel familiar to anyone who has driven a GM crossover or SUV recently. Throttle response is smooth and sharp with the V6, while the suspension and steering setups are smooth and supple. Adaptive dampers are available on Acadia Denali models for increased road comfort, though not necessary.

Step inside and the Acadia can be served up six ways to Sunday ranging from affordable to overpriced. Base versions with the four-cylinder engine sending power to the front wheels start at \$35,095, while the top-of-the-line Denali starts at \$54,895. Adding options can quickly push the price above \$58,000 — enough to cover the cost of a Cadillac XT5.

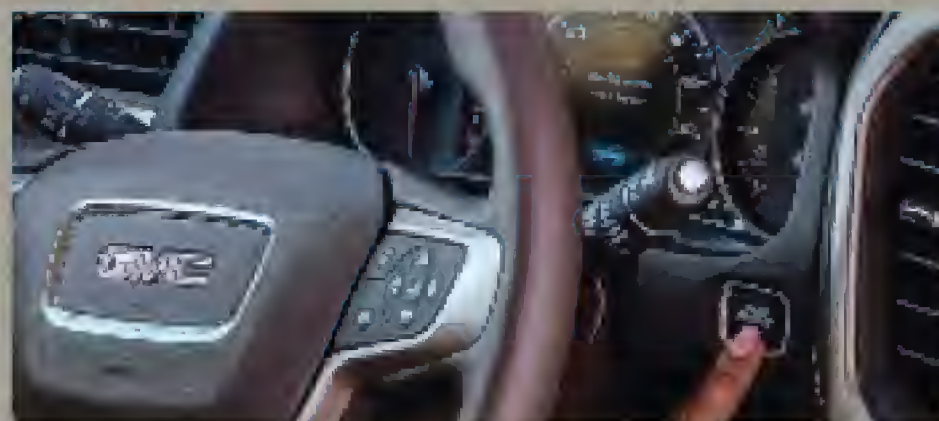
Regardless of which end of the price spectrum, the Acadia's interior features a fresh and modern layout and comes fairly well equipped. Apple CarPlay and Android Auto are standard, as is a built-in 4G LTE Wi-Fi hotspot.

Despite its size, the 2017 GMC Acadia is still available with three rows of seating — though that doesn't mean anyone old enough to drive would want to occupy all three of them. Likewise, cargo room behind third row is almost not worth mentioning. From oversized to right-sized, the Acadia makes the most of its dimensions, fitting family life just fine.

### THE CHECKLIST 2017 GMC ACADIA

#### THE BASICS

**Engine:** 2.5-litre four-cylinder; 3.6L V6  
**Output:** 193 horsepower, 188 pound-feet of torque; 310 hp, 271 lb-ft  
**Transmission:** 8-speed automatic  
**Fuel Economy (l/100 km):** 11 city, 9.2 highway; 13.3 city, 9.5 hwy (AWD)  
**Price:** Starts at \$35,095



#### LOVE IT

- Smaller dimensions
- Available torque-vectoring all-wheel drive

#### LEAVE IT

- Cost climbs quickly
- Little cargo room behind third row

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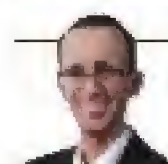
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# Best way to *break in* a new engine

## HOW TO

## Rules for whether it's factory fresh or a rebuild



**Craig Cole**  
AutoGuide.com

So, you just bought a car, something showroom fresh with fewer kilometres on the odometer than a new pair of shoes. Naturally, you'll want to protect this investment. Properly breaking in the engine will do its part to help ensure a long and trouble-free life. But opinions differ on how this should be accomplished.

Some experts advocate a hard break-in. This includes a certain amount of heavy acceleration during the car's first few kilometres. The goal of this is to force piston rings against cylinder walls so these metal parts can seat before the bores' honing marks are worn away. Done properly, this supposedly results in an engine that produces more power and lasts longer.

But most others recommend



**New-vehicle buyers should read their owner's manuals because everything is "spelled out exactly what to do," said Siegrist.** ISTOCK

taking it easy for a while, including many automakers.

## Take it easy

According to Michael Siegrist, assistant chief engineer of the new 1.6-litre turbo diesel engine in the Chevy Cruze and the man in charge of all GM's passenger-car compression-ignition engines in North America: "Most of our vehicles ask that you do (an approximately 2,500 km) break-in."

This encompasses several things. "Don't drive a constant

speed," said Siegrist; try to vary the engine's RPM frequently. He also added, "Don't go over 130 km/h," and "no full-throttle starts." It's also prudent to avoid exceeding 4,000 RPM.

The break-in period is a no-fun, burnout-free, racing-exempt zone. But your patience during those 2,500 km will be rewarded.

"What's really going on," explained Siegrist, "You have machined parts with sharp edges that during that break-in period, we're lapping in those sharp

edges so that they fit perfectly for the life of the engine."

It's a similar situation with Toyota. For its Highlander crossover at least, the Japanese automaker recommends that customers avoid sudden stops or towing for up to the first 800 km.

## Ready to Run

Suggested break-in procedures vary between manufacturers. David M. Goggin, marketing communications director at Cummins, a major manufacturer of

diesel engines, said, "We have no special break-in procedures," a policy he estimates the company has had for a decade or more.

Goggin noted that with Cummins' current manufacturing capabilities, the tolerances they're able to hold, plus superior lubricants and better materials obviate the need for a break-in.

Another vehicle class where taking it easy might not be recommended is in the performance market. Mike Schropp, engine supervisor at Livernois Motorsports, a company that offers engineering services, vehicle performance products and more said, "Most of the engines we build here would be high performance and/or racing-style engines." Accordingly, "The break-in process is pretty critical."

What does Schropp recommend? Well, he advocates "medium load to medium-heavy load." This corresponds roughly to between 30 and 60 per cent throttle.

"There are people that... want a really hard break-in," he said, but extremely high loads and temperatures are not desirable.

Additionally, Schropp stressed the importance of avoiding extended idling, which can glaze cylinder walls, preventing the

rings from properly seating. It's critical to vary engine speed right after a rebuild.

### What About the Oil?

Livernois Motorsports puts special oil in all its rebuilt engines. Accordingly, Schropp recommends early oil changes to help flush any undesirable metallic bits out of an engine's vital circulatory system. A lot of that crud is "going to get caught in the oil filter," he said, but still, "change it after the first thousand miles."

For factory-fresh vehicles, this usually isn't the case. "We manufacture all of our engines with the oil we want it broken in with," said Siegrist. He also noted that a more frequent lubrication service schedule is not necessary.

Still, you can never harm an engine by changing the oil too frequently. Early service, while probably wasteful of money, can only benefit vehicle longevity.

Another thing that could speed this process along is avoiding synthetic oil. Schropp recommends this since you need a certain amount of friction between moving parts for them to wear together properly. Man-made lubricants generally allow less of this than their mineral equivalents.

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# Black, Benson humbled and full of respect for our troops

CFL

## Stars currently visiting Canuck armed forces in Ukraine, France

Matt Black has been recognized before for possessing the qualities of a Canadian veteran, but the CFL player says he's humbled by the real-life sacrifices many in the military make.

The Toronto Argonauts defensive back is among a group of league players and personnel visiting Canadian troops in Lviv, Ukraine and Marseilles, France. The main objective of the trip is to boost morale, but Black said it's armed forces officials who are providing inspiration.

"My wife giving birth to our daughter, winning a Grey Cup in 2012 and this trip are three of the most influential things in my life," Black said in a telephone interview. "Words can't describe the sacrifices the brave men and women of our military make, this is something I'll never forget."

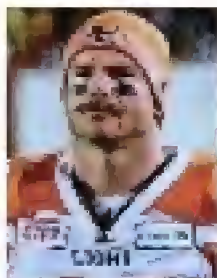
"I wish every Canadian had this experience because their

appreciation of what our military goes through would change forever."

The visit is especially significant to Black. He received the 2016 Jake Gaudaur Veterans' Award, given annually to the CFL player best demonstrating the qualities of Canada's veterans.

"I do what I do because I'm one of the fortunate guys who gets to play in the community he grew up in," said Black. "But when you meet the men and women who willingly step into harm's way for the betterment of me and my family, who they've never met, and our country as a whole, personally I just feel like everything I've done is so insignificant in comparison."

"They have families and yet they're stationed halfway across the world and it just puts everything into perspective and gives you a real understanding of what their reality is. They're just like every other CFL player but the difference is when we leave on a Friday to play, we're



**Mike Benson**  
THE CANADIAN PRESS



**Matt Black is one of a group of CFLers currently out visiting Canadian troops in Europe.** PHOTO  
PETER POWER/THE CANADIAN PRESS

back home by Monday whereas some of these people are gone for months."

A point not lost upon B.C. Lions long-snapper Mike Benson. "I'm from Winnipeg and play in Vancouver and it's hard to be away from family for six months but at least I get to see them," he said.

"We play in Winnipeg twice and my girlfriend flies out three, four times a season."

"But many military people also have significant others in (armed forces) and they told us

stories where they're walking through the airport and high-five their wife or husband and keep walking the other way and don't see each other for another six months except for two weeks off. I don't know how they do it because, honestly, I couldn't."

Last year, CFL commissioner Jeffrey Orridge along with some CFL players and NHL alumni visited Canadian troops in Ukraine, Kuwait and France.

Country artist Dallas Smith and comedian John Sheehan accompanied the players on this

trip, which began Friday and concludes Wednesday.

CFL players have not only met with military personnel but also conducted football clinics and posed for photos with the Grey Cup. Benson says the experience has been surreal.

"It's amazing to realize we're able to make a difference and help boost morale and give them a break from every day life because Ukraine is a pretty grey area," he said. "I wish I could do it more often."

THE CANADIAN PRESS

## IN BRIEF

**Earnhardt calling it quits at season's end**  
Dale Earnhardt Jr. abruptly announced his retirement at the end of the season Tuesday.

Colourful, candid and talented, Earnhardt has been plagued by concussions the last several years and he missed half of last season recovering from the latest head injury.

THE ASSOCIATED PRESS

**Pole vaulter Barber comes out with Facebook post**

World champion pole vaulter Shawn Barber turned to social media Monday to announce that he's gay.

"Gay and proud!" Barber wrote in an early morning Facebook post.

The post was confirmed as legitimate by his agent, who said the 22-year-old Barber didn't want to speak further about it at this time.

TORSTAR NEWS SERVICE

**Roughriders' new pivot Young trains with team**

Vince Young completed his first workout with the Saskatchewan Roughriders on Tuesday, with head coach Chris Jones giving the former NFL quarterback a passing grade.

"I thought he did a real nice job," Jones said following the club's first day of mini-camp. "For the first time being on a CFL field, and we threw a lot at him, I thought Vince had a good day." THE CANADIAN PRESS



**I wish every Canadian had this experience because their appreciation of what our military goes through would change forever.** Matt Black on meeting our troops

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MAKE IT TONIGHT

# Novel Pepperoni Pizza Grilled Cheese



PHOTO: MARY VERNER

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This dish is a mashup of everyone's favorite Friday night supper with the all-time best lunch.

**Ready in 12 minutes**

Prep time: 6 minutes  
Cook time: 6 minutes  
Serves 2

**Ingredients**

- 4 slices of sourdough or wholegrain bread
- 2 tsp garlic butter
- 1/2 cup ricotta cheese
- 4 basil leaves, torn into small pieces
- 2 slices mozzarella cheese
- 2 slices fontina cheese
- Extra Virgin Olive Oil

**Directions**

1. Preheat a skillet over medium heat with a drizzle of olive oil.
2. Butter one side of each slice of bread. Place pieces of bread butter side down on a clean surface or cutting board.
3. In a small bowl, mix ricotta with basil pieces. Spread one slice of bread with about a tablespoon of ricotta. Place one slice of mozzarella on ricotta cheese.
4. Lay a slice of fontina on other slice of bread. Close sandwich and place in skillet.
5. Grill until lightly browned and then flip over; continue grilling until cheese is melted and gooey.

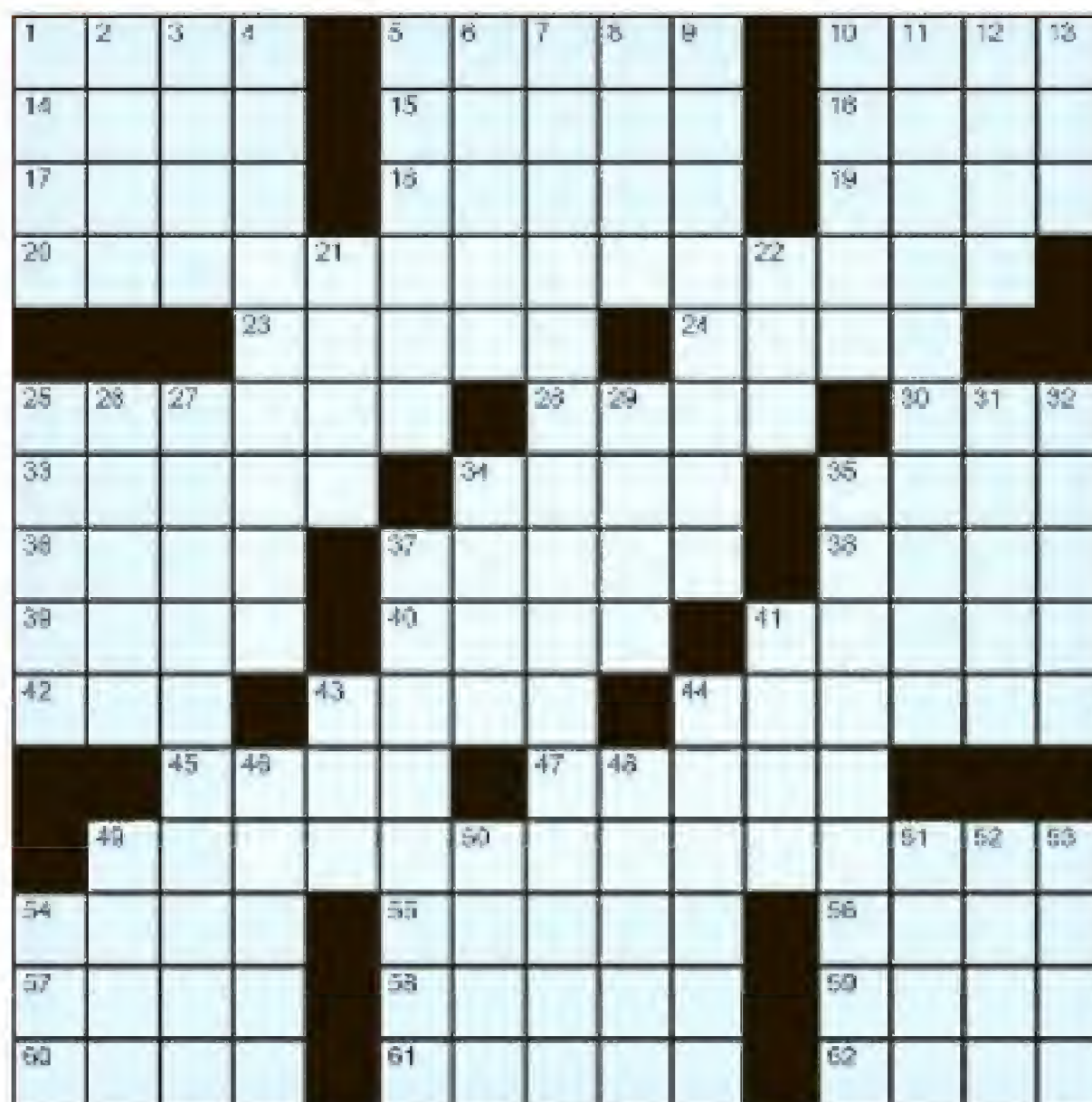
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

**ACROSS**

1. Dapper shoe covering
5. James T. Kirk, et al.
10. Fast web connections
14. Fantastic! for short
15. Martin's first wife in Sinclair Lewis' 1925 novel *Arrowsmith*
16. Dueling sword
17. 'Diet' suffix
18. Toy company
19. 'I'm Yours' singer Jason
20. 1969 Guess Who album featuring the classic 'These Eyes': 2 wds.
23. Remote, when used to lower volume
24. Financial-related, briefly
25. Army academy attendees
28. Andy Capp's wife's
30. Mesozoic \_
33. Whiskers
34. Plaintiff
35. UK honours, commonly
36. Astronomy bear
37. Worked with hay
38. It means 'Seven'
39. Rock's 'rug'
40. \_ deer
41. Last word in #11-Down's answer ...en francais
42. \_-Cone (Toy-made treat)
43. Gladiator's 141
44. Boonies seats area: 2 wds.
45. Caveman's weapon



47. Grammy Awards org.
49. Toronto and Vancouver are two in Canada aka 'Hollywood North': 2 wds.
54. 'Bye!'
55. Ms. Shaye Smith (Pierce Brosnan's wife)

56. Nautically hoisted
57. Bohemian
58. #6-Down's variant spelling
59. Ear-related
60. Origin
61. One sending a ship distress signal, say
62. When new cal-

enders come out, for short

**DOWN**

1. Duck variety
2. Toronto's underground shopping network
3. Singer/songwriter, India, \_

4. New anchors look into them: 2 wds.
5. Montgomery of 'The Heiress' (1949), and surnamesakes
6. Hawk's nest
7. Celine Dion, and others who can belt out tunes like she can: 2 wds.

8. Set of three, in literature, wee-ly
9. Standard Time: Scottish-born Canadian, Sir \_ Fleming (b.1827 - d.1915)
10. Garage band's CDs
11. Evergreen drink: 2 wds.
12. Sharon of 'Boston Public'
13. Speaks, slang-style
21. 'Tsk!' and 'Tsk!'
22. '...boom-bah!'
25. Pals
26. Mr. Eckhart
27. Separate
29. Soup vegetable
31. Artwork like the original, informally
32. In \_ (Brooding)
34. 'Better Call \_' ('Breaking Bad' spin-off)
35. Nabisco cookies brand: 2 wds.
37. Transports in a 'dirt' race, commonly: 2 wds.
41. 'Back in the U.S.S.R.' flyer
43. Magna \_ laude
44. Movie star Verne
46. Architect, Frank \_ Wright
48. 'Kate & \_' ('80s sitcom)
49. Campsite warmer
50. Single-named singer
51. Tolkien's lil' masterpiece
52. Super mean
53. US \_ of State
54. ' \_ \_ in Calgary

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Today's New Moon creates the perfect day for thinking about your earnings and how well you handle your finances. Do you take care of what you own?

**Taurus** April 21 - May 21  
The only New Moon in your sign all year is taking place today. Take a realistic look in the mirror and ask yourself how you can improve your appearance. Try it.

**Gemini** May 22 - June 21  
You might prefer to hide from others today, because you need some R & R and privacy. It's important to respect your needs.

**Cancer** June 22 - July 23  
A conversation with a female acquaintance will be intense today. You will discover whether you share the same goals.

**Leo** July 24 - Aug. 23  
You are high-viz today. People notice you, especially people in power. Keep this in mind so you can create a good impression.

**Virgo** Aug. 24 - Sept. 23  
Today you want to do something different! You want to experience more of life. You want adventure and a chance to travel. (Go somewhere you've never been before.)

**Libra** Sept. 24 - Oct. 23  
You are a people-pleaser. However, it's important to know that the most important person to please is yourself. Once you respect your own needs, it's easier to respect the needs of others.

**Scorpio** Oct. 24 - Nov. 22  
This might be the best day of the year to ask yourself what you can do to improve your closest relationships.

**Sagittarius** Nov. 23 - Dec. 21  
What can you do to improve your health? And what can you do to improve your job or the way you do your work? These are the things to ponder today.

**Capricorn** Dec. 22 - Jan. 20  
Look for ways to be playful or to express your creative side. As children, we easily do this, and too soon we forget.

**Aquarius** Jan. 21 - Feb. 19  
A discussion with a parent or an authority figure will be important today. What can you do to improve your home and your family relationships?

**Pisces** Feb. 20 - March 20  
Good communication involves careful listening. This is a good day to ponder your style of communicating with others and whether you are as clear as you can be.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

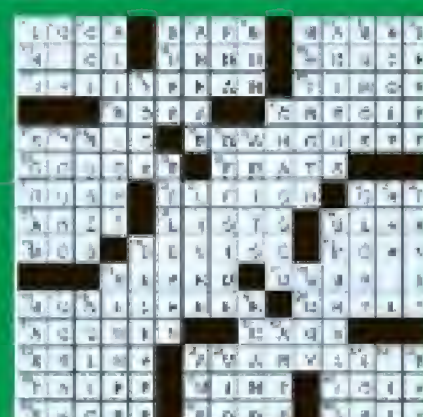


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